Skip to main contentAccessibility help

Accessibility feedback

AI Mode
All
Videos
Images
Short videos
More

basketball drills
There are various basketball drills designed to improve different aspects of a player's game, including dribbling, passing, shooting, and defense
.
Here is a breakdown of drills by skill category:
Skill DrillDescription
Dribbling
Cone Dribbling
Set up cones in a line or pattern and dribble through them, practicing changes of direction and hand switches. Focus on keeping your head up and using your fingertips.
Figure 8 Dribbling
Dribble the ball between your legs in a figure-eight motion, working on both dominant and non-dominant hands and improving quick crossovers.
Two-Ball Dribbling
Dribble two balls simultaneously to develop hand-eye coordination and improve control with both hands. Start stationary and progress to moving.
Passing
Partner Passing
Practice chest passes, bounce passes, and overhead passes with a partner, emphasizing

accuracy, footwork, and proper hand placement. Consider adding pass fakes.

Diamond Passing

Set up cones in a diamond shape. Players dribble to the center cone, pivot, and make a pass to the next player, then follow their pass. Rotate pivots and passes for variety.

Shooting

Form Shooting

Stand close to the basket (3-5 feet) and focus on proper shooting form, including hand placement, follow-through, and flicking the wrist. Practice shooting with one hand first, then add the guide hand.

Mikan Drill

Practice alternating right and left-hand layups and reverse layups from directly under the basket. Emphasize finishing quickly and with proper technique.

Defense

Mirror Drill

With a partner, one player acts as offense and moves side-to-side while the defender mirrors their movements, focusing on lateral quickness and defensive stance.

Zig-Zag Defensive Slides

Start in a defensive stance and slide diagonally to cones or markers on the court, focusing on lateral movement and control while keeping hands active.

Conditioning

Double Ball Dribbling Suicides

Dribble two basketballs while performing suicide sprints, starting at the baseline and sprinting to different court lines and back. Improves ball-handling while changing directions at different speeds.

Game Situation

1-on-1 Full Court

Practice defending a player bringing the ball up the court, focusing on applying pressure without fouling, maintaining good body positioning, and angles.

Shell Drill

A foundational defensive training exercise involving four defenders working on proper help position, closeouts, and rotations against offensive players on the perimeter.

3-on-2 Continuous

Three offensive players against two defenders. When the defense gets the ball (steal, rebound, score), they transition to offense with an added player. This helps develop decision-making in transition and passing skills.

When performing drills, remember to dribble hard, keep your head up, use your fingertips

to control the ball, and practice outside your comfort zone.
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16 sites
Basketball Dribbling Drills - For Coaches & Players
Each drill below has unique purpose and emphasis -- but with all dribbling drills you want to emphasize: * Dribbling with eyes up.
Breakthrough Basketball
5 Essential Basketball Drills For Youth Skill Development
5 Essential Basketball Drills for Youth Skill Development * Dribbling Drill: Cone Dribbling for Ball Control. Objective: Improve b...
Rockline Basketball Academy
15 basketball dribbling drills to improve your handles - Red Bull

- Full court dribbling. To perform this drill, all you need are cones and a basketball. The cones should be set up in different sp...
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Here is a breakdown of effective basketball drills across skill categories, including detailed instructions and coaching points for dribbling, passing, shooting, defense, conditioning, and game situations.[1]

Dribbling Drills

- Cone Dribbling: Set up cones in a line or pattern and dribble through them, practicing quick changes of direction and hand switches. Focus on keeping your head up and dribbling with your fingertips while maintaining control.[1]
- Figure 8 Dribbling: Dribble the ball between your legs in a figure-eight motion, working both dominant and non-dominant hands for better control and faster crossovers.[1]
- Two-Ball Dribbling: Dribble two basketballs at the same time, starting with stationary dribbling and progressing to movement. This improves hand-eye coordination and ambidextrous ball-handling.[1]

Passing Drills

- Partner Passing: With a partner, practice chest, bounce, and overhead passes. Emphasize accuracy, strong footwork, and correct hand placement. Use pass fakes for added complexity.[1]
- Diamond Passing: Arrange cones in a diamond shape. Players dribble to the center, pivot, and pass to the next player, then rotate. This teaches both pivoting and various pass types.[1]

Shooting Drills

- Form Shooting: Stand 3–5 feet from the basket and focus on mechanics—proper hand placement, wrist flick, and follow-through. Start with one hand, then add the guide hand for balanced shot development.[1]
- Mikan Drill: Alternate right and left-hand layups, including reverse layups, from under the basket. Emphasize quick finishing with proper form.[1]

Defensive Drills

- Mirror Drill: In pairs, one player leads as offense by moving side-to-side while the defender mirrors every move, focusing on lateral quickness, athletic stance, and staying low.[1]
- Zig-Zag Defensive Slides: Start in a defensive stance and slide diagonally to cones or markers. This builds lateral movement agility and defensive discipline.[1]

Conditioning Drills

- Double Ball Dribbling Suicides: Dribble two basketballs while sprinting the traditional "suicide" court lines, focusing on ball control while changing speed and direction.[1]

Game Situation Drills

- 1-on-1 Full Court: One player brings the ball up against a defender, who works on pressure, positioning, and controlled aggression without fouling.[1]
- Shell Drill: Four defenders practice help position, closeouts, and rotation against perimeter offense. This is foundational for team defensive concepts.[1]
- 3-on-2 Continuous: Three offensive players versus two defenders, with transitioning possessions. This develops transition defense/offense tactics and fast-break decision-making.[1]

Coaching Tips

- Emphasize hard dribbling, head up, fingertip control, and practicing outside the comfort zone during all drills.[1]
- Periodically adjust drill complexity by increasing speed, adding defenders, or introducing competition to simulate game demands.[1]

This structure ensures a balanced basketball development program, supporting both individual skill and team play fundamentals.[1]

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1. https://support.google.com/websearch/answer/181196?hl=en